



Discover your Raleigh Parks and Recreation Department

ARTS

Art - Jumpstart Toddler Montessori

Age 18M - 42M

Come explore the wonderful world of learning as you guide your children through our classroom full of educational stations. From math and science centers featuring counting bears and enormous popping bubbles, to language arts centers featuring the works of Eric Carle and Dr. Seuss, your child will have so much fun, they won't even realize how much they are learning. Each week, students will be exposed to new educational concepts through a short musical lap-sit circle time and puppet show. Then students will be able to get creative with washable art projects. We will also explore 'social stations' full of building blocks, cooking centers, train sets, puppets and more. Get a jump start on preschool! A separate \$25 materials fee will be due to the instructor at the first class meeting that includes a CD of music to take home. Instructor: Rhonda Felton Manning, BS in Education.

#123454	Jun 8 - Jul 20	Fri	9:00 am -10:00 am	Cost:	\$30
#123455	Jul 27 - Aug 31	Fri	9:00 am -10:00 am	Cost:	\$30

Music & Movement: Sing a Song of Summer

Age 18M - 3Y

It's hot outside so stay cool in this lively class for our youngest music lovers! We will explore the magic of summer through song, dance, and dramatic play for tiny toes. Your child will learn about ocean animals, fireflies, summer showers, and many other summer concepts as we sing and dance our way through the season. Special projects include: musical crafts, parachute games, and puppet shows! Each student will receive a music bag which includes a CD of the music from our class. A \$25 materials fee due to instructor at first class meeting. Fee covers music, art supplies and props for each student. Parent/caregiver participation is required. Rhonda Felton instructs.

#123442	Jun 8 - Jul 20	Fri	10:00 am -11:00 am	Cost:	\$30
#123441	Jul 27 - Aug 31	Fri	10:00 am -11:00 am	Cost:	\$30

Sensational Summer by Toddler Time

Age 2yrs - 4Y

Come beat the heat of summer in this art class designed for little fingers. From creating a colorful finger painted garden to designing their own seashell mosaic, your children will learn so much in this center based mini-preschool for our smallest students. Also, each week will feature a short Lap-Sit story time and puppet show to introduce your little ones to the joys of reading! So come on down for a jump start on learning and more importantly, a great experience with your child. Parent participation required. \$25 supply fee due to instructor at first class meeting.

#123430	Jun 8 - Jul 20	Fri	11:00 am -12:00 pm	Cost:	\$30
#123431	Jul 27 - Aug 31	Fri	11:00 am -12:00 pm	Cost:	\$30

Dance - Creative Movement with Ballet

Age 6 yrs. - 10Y

This unique class will introduce students to both structured and fluid movements by combining creativity of movement with ballet basics. Good posture and bodily awareness will be the goals in this class as we move through exercises in flexibility, strength and balance. No dance experience is necessary. Anyone interested in an introduction to ballet is welcome!

#122385	Jun 2 - Jul 7	Sat	11:00 am - 11:45 am	Cost:	\$55
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Athletic Teams and Leagues

Lake Lynn Summer Basketball League

Age 9 yrs. - 12Y

A recreational basketball program designed to develop skills, confidence and teamwork in a fun environment. Registration will be held April 30-May 13 at Lake Lynn Community Center. Practices will start in June. Games will start in July and end mid August. Game and practice schedules will not be determined until after registration is complete. League age is as of March 31, 2013.

#122397	9-10 year old league	Cost:	\$65
#122398	11-12 year old league	Cost:	\$65





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Athletic Teams and Leagues (cont)

Soccer - Introductory Youth Soccer Leagues

Age 5 yrs. - 8Y

These leagues will be an introduction to the game of soccer where skills, fundamentals and sportsmanship will be taught to the beginning athlete in a non-competitive atmosphere. Leagues are offered to children ages 5-6 and 7-8 (age is as of July 31, 2012). Games and practices will be held at Kiwanis Park and will primarily be held on Saturdays, starting in August and ending in November. Registration fees include a shirt. Registration will be held starting July 9th until filled (Limited space available).

#123414	Ages 5-6 years	Cost:	\$40
#123415	Ages 7-8 years	Cost:	\$40

Football - Touch Football League

Age 5 yrs. - 8Y

An introduction to the game of football skills, fundamentals and sportsmanship will be taught to the beginning athlete. League is offered to children ages 5-6 and 7-8 (age is as of July 31, 2012). All games and practices will primarily be held on Saturdays, starting in September and ending in November; location to be determined. Registration fees include a shirt.

Registration will be held July 23-August 5 at Lake Lynn Community Center.

#122395	Ages 5-6 years	Cost:	\$36
#122396	Ages 7-8 years	Cost:	\$36

District A Youth Football

Ages 7-13 years

The athletics division in coordination with community centers is offering tackle football for ages 7-13 yr. olds. Registration is July 23th-until filled(last day is July 27th,2012, if space is available) The age divisions are divided into the following leagues: 7-9 yr. old (45-90 lbs.), 9-11 yr. olds (75-120 lbs.), 11-13 yr. olds (100 -155lbs.). All participants must provide proof of age and have insurance. League age is determined by age of participant as of July 31, 2012. Fee is \$42 for Raleigh residents and \$54 for non-Raleigh residents.

#123424	Mitey Mite - Ages 7-9	Cost:	\$42
#123425	Little League - Ages 9-11	Cost:	\$42
#123426	Junior League - Ages 11-13	Cost:	\$42

District A Youth Cheerleading

Ages 7-13 years

The athletics division in coordination with the community centers are offering cheerleading for ages 7-13 yrs. Registration is July 23-27, 2012. Squads will be organized with the youth football teams in the City of Raleigh league. League age is determined by age of participant as of July 31st of current year.

#123418	Ages 7-13	Cost:	\$42
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EDUCATIONAL PROGRAMS

Make Reading Fun For Your Child!

Age 18 yrs. and up.

Ever wish your child were more interested in reading? Turn it into a game! This free workshop will offer tips and tricks to help make reading fun for your child. You will walk away with activities and materials that will make your child smile while building a strong reading foundation. You'll also learn about the skills and stages of developing readers. Door prizes will be awarded! Reading specialist Debbie Darwin instructs. A materials fee of \$5 will be due to the instructor on the day of the class.

#125069	May.19	Sat	1:00 pm - 3:00 pm	Cost:	Free
#125070	Jun.14	Thur	6:30 pm - 8:30 pm	Cost:	Free



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Lake Lynn Community Center Activities and Events

May - August 2012



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EDUCATIONAL PROGRAMS (cont)

Japanese Calligraphy & Origami-Caligrafia y Origami Japones

Age 16 yrs. and up.

Japanese calligraphy is the art of writing characters. We will be using 'Shodo', one of Japan's traditional cultural arts. This art is also one of the best ways to develop mental concentration and focus. Japanese origami is the art of folding paper into specific forms and objects. Participants work on their choice of calligraphy or origami and make their own cards like thank you notes, get well notes, etc.

#123344	Jul 11-18	Wed	6:30 pm - 7:30 pm	Cost:	\$15
#123345	Aug 15 -22	Wed	6:30 pm - 7:30 pm	Cost:	\$15

FITNESS

Aerobics - DanceFit

Age 18 yrs. and up.

Join instructor Pat Sorrell for a full body workout designed for ladies of all ages. Starting out slowly, through small dance routines (series of exercise patterns to music), we begin to build our endurance and our strength, gaining a new positive awareness of our bodies.

#122365	Jun 13 - Aug 1	Wed	5:45pm - 7:00pm	Cost:	\$40
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Belly Dance For Exercise - Beginners

Age 18 yrs. and up.

This class will introduce you into the mysteries of belly dance. You will learn what to do with your hips, torso, arms and belly while moving to exotic Middle Eastern music. These movements take you from gentle stretching to aerobic shimmies and will have you burning calories while having fun. Learn moves that are sultry, flirty, and graceful. You will have a new appreciation for the beauty within you and the power of your body. Class is 55 minutes long. Wear comfortable pants. Shoes are not worn in class. Kasha instructs. For additional information go to: www.kashabellydance.com

#122516	Jun 4 - Jul 30	Mon	7:00 pm - 7:55 pm	Cost:	\$88
#122517	Aug 6 - Sep 24	Mon	7:00 pm - 7:55 pm	Cost:	\$88

Belly Dance for Exercise - Beyond Basic

Age 18 yrs. and up.

After learning the basics of bellydance, move on to Beyond Beginning and learn choreography, zills, and veil routines. Opportunities for performing are provided along with information on costuming, makeup and jewelry. This class is 55 minutes long. Kasha instructs. For more information on the program, visit Kasha's website at www.kashabellydance.com

#122518	Jun 4 - Jul 30	Mon	8:00 pm - 8:55 pm	Cost:	\$88
#122519	Aug 6 - Sep 24	Mon	8:00 pm - 8:55 pm	Cost:	\$88

Bollywood Dance for Fun and Exercise

Age 18 yrs. and up.

Kasha will be teaching the exhilarating and beautiful Bollywood dance style of India. Incorporating both traditional Indian styles like Banghra as well as western influences like hip hop, you'll find that Bollywood dance is fun and energetic, as well as an excellent aerobic exercise. Women of all ages, shapes, sizes, and fitness levels are welcome-come prepared to have fun, shake your shoulders and swing your hips to this contagious fusion style of dance. It is a style that is easy to learn with no previous dance experience. Kasha will be teaching a complete choreography in this class. Wear loose fitting clothing and soft-soled shoes or bare feet.

#122520	Jun 5 - Jul 31	Tue	7:30 pm - 8:30 pm	Cost:	\$88
#122521	Aug 7 - Sep 25	Tue	7:30 pm - 8:30 pm	Cost:	\$88





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FITNESS (cont)

Exercise - Weight Room/Fitness Centers

Age 18 yrs. and up.

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours.

Participants must be 18 years of age or older. Please see staff for additional information.

#126695	May 1-31	Daily	Center Hours	Cost:	\$15
#126704	Jun 1-30	Daily	Center Hours	Cost:	\$15
#126705	Jul 1-31	Daily	Center Hours	Cost:	\$15
#126706	Aug 1-31	Daily	Center Hours	Cost:	\$15

Stretch and Tone

Age 18 yrs. and up.

This class is designed to strengthen your muscles and tone your body. We will use weights to build endurance and strength. All levels of participants will enjoy the benefit of stronger muscles. Once your muscles become stronger, they will be toned up for a longer, leaner look. This class is a great supplemental workout routine. Pat Sorrell instructs.

#122368	Jun 12 - Aug 7	Tue	5:45 pm - 7:00 pm	Cost:	\$45
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Yoga for All Levels

Age 16 yrs. and up.

This 75 minute class is designed to reduce tension and stress, and deliver total body serenity by balancing and strengthening of every system in the body. All levels are welcome. Pat Sorrell instructs.

#122374	Jun 14 - Aug 9	Thu	6:30 pm - 7:45 pm	Cost:	\$72
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Karate - Okinawan Shorin-Ryu

Age 7 yrs. and up.

A karate program to help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata. Uniforms can be purchased through the instructor at a discounted rate. Family discount for families of 3 or more available!

#122377	May 2-30	Wed&Mon	6:00 pm - 7:00 pm	Cost:	\$44
#122378	Jun 4-27	Mon&Wed	6:00 pm - 7:00 pm	Cost:	\$44
#122379	Jul 2-30	Mon&Wed	6:00 pm - 7:00 pm	Cost:	\$44
#122380	Aug 1-29	Wed&Mon	6:00 pm - 7:00 pm	Cost:	\$44

Drumming for Seniors

All Ages

This exciting new drumming program has a lot of benefits: camaraderie, creativity, improved balance, improves eye-hand coordination, attention, memory and neuron-muscular function. No experience required: just come and have fun. For more information please contact Lauren at 919-807-5423

#124958	May 2-30	Wed	9:00am - 9:45am	Cost:	\$7
#124959	Jun 6-27	Wed	9:00am - 9:45am	Cost:	\$8
#124960	Jul 11-25	Wed	9:00am - 9:45am	Cost:	\$9
#124961	Aug 1-29	Wed	9:00am - 9:45am	Cost:	\$10

Seniortise

Age 18 yrs. and up.

Low impact exercises for older adults. Strengthen your muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity. There are different instructors for each location.

#122390	May 1-31	Tue&Thu	9:00am - 10:00am	Cost:	\$15
#122391	Jun 5-28	Tue&Thu	9:00am - 10:00am	Cost:	\$15
#122392	Jul 3-31	Tue&Thu	9:00am - 10:00am	Cost:	\$15
#122393	Aug 2-30	Tue&Thu	9:00am - 10:00am	Cost:	\$15





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NATURE

Twilight Trek

All Ages

Come join us for a night time walk around the park. Bring the whole family to explore the park and stretch your legs after a long day at work and school. We'll stroll around the park enjoying a beautiful sunset and maybe even catch a glimpse of a beaver or deer! Fee applies to each participant. All children must be accompanied by a paying adult. Pre-registration is required four days prior to the event. For more information, contact Nature programs at 919-831-6856.

#123004	Aug.11	Sat	8:30pm - 9:30pm	Cost:	\$2
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SOCIAL

Playgroup Tot Time

Age 6M - 5Y

The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend.

#122394	May 2 - Jun 6	Wed	9:30 am -11:30 am	Cost:	FREE
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Senior Club - Lake Lynn Seniors

Age 55 yrs. and up.

Come and join your fellow neighborhood seniors for a weekly meeting. This group enjoys wonderful speakers and takes field trips throughout the course of the year. They meet at Lake Lynn on the 1st, 3rd and 4th Tuesday of each month. The 2nd Tuesday they meet off site.

#122388	May 1 - Aug 28	Tue	10:00 am -12:00 pm	Cost:	FREE
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Senior Gamesters

Age 55 yrs. and up.

Our seniors at Lake Lynn know how to have fun. Come join them for ping-pong (Tuesdays and Saturdays) and card games (Tuesdays).

#122386	May 1 - Aug 28	Tue	6:30 pm - 8:30 pm	Cost:	FREE
#122387	May 5 - Aug 25	Sat	9:00 am -11:00 am	Cost:	FREE

TENNIS

Tennis Adult Level 1

Age 18 yrs. and up.

No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and your racquet. Racquets are available to borrow. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

#125736	May 7 - Jun 20	Mon&Wed	6:00 pm - 7:00 pm	Cost:	\$96
#125737	May 12 - Jun 23	Sat	9:00 am - 10:00 am	Cost:	\$48
#125721	Jul 7 - Aug 18	Sat	9:00 am - 10:00 am	Cost:	\$48
#125720	Jul 9 - Aug 22	Mon&Wed	6:00 pm - 7:00 pm	Cost:	\$96

Tennis Adult Level 2.0/2.5 Drills

Age 18 yrs. and up.

Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class

#125756	May 8 - Jun 21	Tue&Thu	6:00 pm - 7:00 pm	Cost:	\$96
#125747	Jul 10 - Aug 23	Tue&Thu	6:00 pm - 7:00 pm	Cost:	\$96



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TENNIS (cont)

Tennis Adult Level 3.0 Drills

Age 18 yrs. and up.

Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to level 4, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

#125793	May 7 - Jun 20	Mon&Wed	8:00 pm - 9:00 pm	Cost:	\$96
#125787	Jul 9 - Aug 22	Mon&Wed	8:00 pm - 9:00 pm	Cost:	\$96

Tennis Jr Level 1

Age 6 yrs. - 18Y

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and a racquet. Racquets will be available to borrow if needed. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

#125156	May 7 - Jun 20	Mon&Wed	4:30pm - 5:30pm	Cost:	\$96
#125157	May 8 - Jun 21	Tue&Thu	5:00pm - 6:00pm	Cost:	\$96
#125158	May 12 - Jun 23	Sat	10:00am - 11:00am	Cost:	\$48
#125159	May 12 - Jun 23	Sat	11:00am - 12:00pm	Cost:	\$48
#125136	Jul 7 - Aug 18	Sat	10:00am - 11:00am	Cost:	\$48
#125137	Jul 7 - Aug 18	Sat	11:00am - 12:00pm	Cost:	\$48
#125134	Jul 9 - Aug 22	Mon&Wed	4:30pm - 5:30pm	Cost:	\$96
#125135	Jul 10 - Aug 23	Tue&Thu	5:00pm - 6:00pm	Cost:	\$96

Tennis Jr Level 2

Age 8 yrs. - 18Y

Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Please bring light loose fitting clothes, non marking sneakers and a racquet. Racquets will be available to borrow if needed. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

#125178	May 8 - Jun 21	Tue&Thu	4:00 pm - 5:00 pm	Cost:	\$96
#125165	Jul 10 - Aug 23	Tue&Thu	4:00 pm - 5:00 pm	Cost:	\$96

Tennis Jr Tiny Tots

Age 4 yrs. - 6Y

Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Please bring light, loose fitting clothing, non marking sneakers and a 19' or 21' junior racquet. Racquets will be available to borrow if needed. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

#125126	May 7 - Jun 20	Mon&Wed	5:30 pm - 6:00 pm	Cost:	\$48
#125127	May 8 - Jun 21	Tue&Thu	4:30 pm - 5:00 pm	Cost:	\$48
#125116	Jul 9 - Aug 22	Mon&Wed	5:30 pm - 6:00 pm	Cost:	\$48
#118827	Jul 10 - Aug 23	Tue&Thu	4:30 pm - 5:00 pm	Cost:	\$48





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TENNIS (cont)

Tennis Jr. NJTL

Age 6yrs. - 16Y

Coaching and league play for beginner and low intermediate players. They will learn the strokes, scoring, rules and how to play a match. Practices are Mon+Wed 1:30-3:30pm and matches are Tue+Thur 1:30-3:30pm against the other sites. Season ending tournament July 26-29, 12:30p-4p. Choose a Park location that works for you.

#125573	Jun 11 - Jul 26	M-Th	1:30 pm - 3:30 pm	Cost:	45
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Tennis Jr. Tournament Team

All Ages

Designed for junior tennis players who have learned all shots, this team will workout and train for level 5 futures tournaments with the intention of establishing or improving their state ranking. Players will meet twice a week, to hit a large quantity of balls, work on conditioning, balance, speed and agility. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina Level 5 Futures tournaments. Scholarships are available through the Raleigh Tennis Association. Call for additional details.

#125675	May 8 - Jun 21	Tue&Thu	7:00 pm - 8:30 pm	Cost:	\$144
#125677	Jul 10 - Aug 23	Tue&Thu	7:00 pm - 8:30 pm	Cost:	\$144

